

Dr. Martin Parker's Ten-Step Planning Program for Dealing with Stress

This is an outline that you can do anywhere. It is a step- by- step plan to assist you in coping with your Stress. It draws upon your internal cognitive processes and the ability to choose those techniques that have worked for you in the past. It is my firm belief that to be proactive, if possible, in dealing with Stress, instead of reactive, is a more effective manner in which to handle Stress.

1. Let's talk about your symptoms? Why do you think that you are feeling them now? When was the first time that you felt these feelings? What is the frequency and duration of the signs? What are you worried about? Where specifically are you feeling pain? List as many as you feel.

1. _____

2. _____

3. _____

4. _____

2. Now be specific about the problem. Does it relate to work, love, social interactions, finances, spirituality, lack of organization, or something else? It is very important to give a listing of most to least, in order of the most stressful. A TEN would be considered the most Stress and a ONE the least.

1. _____

2. _____

3. _____

4. _____

3. In what ways did you learn to solve previous problems? Which solutions did not work? In what ways could you both use the coping strategies that you once employed in combination with new ways of dealing more effectively with these recently emerged set of stressors?

1. _____

2. _____

3. _____

4. _____

4. List your resources and available support network. What are your current Stress Skills? Do these skills need to be modified or enhanced?

1. _____

2. _____

3. _____

4. _____

5. How do you feel psychologically regarding your ability to confront your issues? Are you confident or somewhat hesitant? TEN being the most confident and ONE being the least. Please list your readiness to confront your stressors.

6. Let's be very specific in terms of what do you want to accomplish. In addition, a time period would be helpful.

I would like to reach the following goals, by the following dates.

1. _____

2. _____

3. _____

4. _____

7. A specific plan is now in order. It is important to list the ways in which you are going to reach the goals that you have listed.

1. _____

2. _____

3. _____

4. _____

8. Divide your goals into short term, or within the next month. Intermediate or within the next six months. Long term or the next year.

Track your progress.

9. In the research regarding goal attainment, the ideal goals are ones that are neither too difficult nor too easy. Therefore, with that in mind, are your goals and plans moderately difficult to achieve? Be specific.

10. Align and revise your goals weekly, as necessary

